## CLAIMS

## We claim:

- 1. A buffer tube for use in a fiber optic cable, the buffer tube comprised of an alloy of polypropylene and polyphenylene oxide.
  - 2. The buffer tube of claim 1, wherein the alloy is blended with glass fiber.
  - 3. A cable for transmitting a signal, the cable comprising:

at least one optical fiber for transmitting the signal;

at least one buffer tube for receiving the at least one optical fiber, the buffer tube comprised of an alloy of polypropylene and polyphenylene oxide; and

an outer jacket disposed around the at least one buffer tube.

- 4. The cable of claim 3, wherein the alloy is blended with glass fiber.
- 5. A buffer tube for use in a fiber optic cable, the buffer tube comprised of a polymeric material having a flexural modules greater than about 180 kpsi at room temperature and having a flexural modulus less than about 370 kpsi at room temperature.
- 6. A communication cable containing a buffer tube, the buffer tube comprising a polymer mixture containing polypropylene and polyphenylene oxide.
- 7. A communications system containing a cable, the cable containing a buffer tube comprising a polymer mixture containing polypropylene and polyphenylene oxide.
  - 8. A method of making a buffer tube for a communication cable, comprising: providing a polymer mixture of polypropylene and polyphenylene oxide;

melting the polymer mixture; and extruding the melted polymer mixture.

9. A method for communicating, comprising:

providing a cable with a buffer tube comprising a polymer mixture of polypropylene and polyphenylene oxide; and

transmitting a signal over the cable.

10. The buffer tube of claim 1, wherein the buffer tube comprises two layers with a first layer containing an alloy of polypropylene and polyphenylene oxide, a second layer containing an alloy of polypropylene and polyphenylene oxide, or both the first and the second layer containing an alloy of polypropylene and polyphenylene oxide.